

With Councillors

CLITHEROE
RURAL DISTRICT COUNCIL.



ANNUAL REPORT

OF

T. THORNTON MACKLIN,

MEDICAL OFFICER OF HEALTH,

FOR 1908.



CLITHEROE :

M. A. WHEWELL, PRINTER, CASTLE STREET.

To the Chairman and Members of the Council.

Gentlemen,

I have the honour to submit to you my Annual Report for the year 1908.

I am, Gentlemen,

Your Obedient Servant,

T. T. MACKLIN.



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CLITHEROE
RURAL DISTRICT COUNCIL.

ANNUAL REPORT

OF THE
MEDICAL OFFICER OF HEALTH.

The year 1908 has not been distinguished by any prominent matters of interest with regards to the Public Health of the District.

It was certainly a finer and more satisfactory year as regards the weather conditions than its predecessor. The holidays of the factory workers were not spoiled and interfered with by the inclemency of the elements to the same extent, and opportunities for recreation and recuperation of their jaded energies were more abundant, a matter of great importance to the toiler in the somewhat vitiated atmosphere of large factories. After many weeks of continuous employment extending through the long dull dreary days of winter, it is of the utmost importance that the Factory Employee should have the opportunity of spending all the days of his Summer holiday in the open air, either by the side of the sea, or wandering over the hills and dales of the open country. This wet and rainy weather prevents and the full benefits of free access to pure air and sunlight are lost in a great measure, and the worker returns from his holiday not as much re-invigorated and improved in health as the vacation and cessation from labour was intended to confer.

So far, however, as this particular district is concerned, the meteorological conditions during the holiday season are not of as pressing importance as to those living in large towns, for here such of the community as are employed in factories and in workshops live practically under rural conditions, where there is no overcrowding of dwellings within a limited and restricted area, nor very marked overcrowding, as to numbers, in the houses themselves. A large proportion of the population live on and by the land following agricultural and pastoral pursuits, and so enjoy the benefits and advantages of a healthy open air life, while the quota of the community who are employed in workshops and factories have immediate and easy access to the hill sides and fields when released from confinement, consequently their labour is carried on under very favourable auspices as compared to the corresponding worker who lives in the close and stuffy dwellings of an overcrowded town.

I am unable to attribute any special form of disease to the nature of the employment which mainly obtains in this district, nor to the conditions under which the chief forms of industry are carried on whether of an in-door or out-door nature.

Dyspepsia is undoubtedly very common amongst all sections of the community, but it is not so much an occupational ailment as one due to bad habits of the people in regard to the preparation and consumption of meals. Constant and copious tea drinking at nearly every meal is a fruitful source of the trouble, together with hurry and carelessness in the cooking of such food as the average family commonly indulges in.

In spite of Cooking Classes all over the Country very few people seem to have any proper idea how to make the best of what food is bought. The art of cooking is either a lost art or one which has never been properly acquired.

Another point is the prevailing ignorance with regard to the relative value of foods. The "roast beef of old England" no doubt has some claims to its reputation as the source of Eng-

land's reputed superiority to all other nations in physique and energy but it is much over-rated and is an exceedingly expensive form of nutriment. There is a very general idea abroad that we cannot be strong and capable of hard work without meat, especially beef, but it is a very erroneous belief, and one which leads to a great waste of money. Very little appears to be known of the nutritive value of such foods as peas, beans, lentils and oatmeal, and still less is known of the proper way of cooking such articles of diet so as to render them palatable and attractive. Porridge and milk form an almost perfect diet, being rich in proteine, fat and starch. Notwithstanding, how very little is consumed in the average household? One reason for this is ignorance about sufficient boiling, consequently being imperfectly cooked, the fibre not being thoroughly softened, indigestion results, and the individual concludes that porridge does not agree, whereas the cooking is really at fault. Then again, good pea or lentil soup made from a marrow bone and eaten along with bread is a splendid diet for an active man, and yet how seldom is it seen upon the table of the working man? Flour is largely used in all families, but even here the mistake of using "whites" is far too commonly made, under the impression that it is the best, whereas the "seconds" which is really the best is overlooked, and put aside as not being good enough to support the strength of the daily worker. The white loaf may be the finer and better to look at, but it is far from being so rich in proteine as its darker and poorer looking relation made from seconds flour.

For some reason or other Milk is considered "poor stuff" for growing boys or girls, and the hard working adult looks upon it with contempt as only fit for babes—indeed I am not at all sure but that many parents, to judge from their actions, have grave doubts as to its being even sufficient to sustain babies without some addition in the shape of bread, barley, flour, or some one of the many patent foods with which the market is so abundantly stocked,—and yet it is an extremely valuable food when used in proper combination with other suitable forms of food, and one which might be used more frequently and more abundantly than is commonly the case.

Then again hurry in preparation of meals combined with hurry in consumption, which means imperfect and insufficient mastication, all tend to the spread of dyspepsia among a large proportion of the workers in factories at any rate.

HOUSE ACCOMMODATION.

For the time being the house accommodation is quite equal to the demand, indeed, if one is to judge by the appearance of several unoccupied houses in different parts of the district it may be said to be more than ample. Much of the accommodation available is new and good, and the sanitary conveniences are an improvement on the old order of things. Some of the ancient properties in the old and long established villages are rather cramped for space both inside and out, and are so built about each other as to almost shut out air, not to mention sunshine. Such places can never constitute healthy abodes, for cleanliness is impossible and dirt can only harbour or bring disease.

Time will probably remove some of these deficiencies, either by rendering the dwellings uninhabitable, or from the fact that the newer and better properties will attract the present inhabitants away from them and so allow them to lapse for want of tenants.

NEW BUILDINGS.

The number of new buildings has not been so great in 1908 as in 1907. The greatest amount of enterprise in this direction has been shown in and around Whalley. In Nether Town nine new houses have been erected. Six of them being of the nature of semi-detached villas, and are very conveniently situated as regards the Railway Station. The other three new buildings are Workmen's Cottages, and should prove quite a desirable acquisition to the village of Whalley. They are also situated quite near to the Railway Station.

In Worston three new houses have been erected, and in Chipping one new house has been put up.

At Chatburn a new house and shop have been built in Downham road, and in Ribble Lane a new wash house has been erected.

Additions and alterations are also being carried out at Downham Hall.

SEWERAGE AND DRAINAGE.

In the matter of sewerage and drainage there are always some improvements being made in various parts of the district. At the Punch Bowl Inn, Bailey, a new water closet has been introduced, and in connection with the same a settling tank has been laid down at a point some considerable distance away from the buildings.

CHATBURN.

In this village some improvements have been made. In connection with the new house and shop in Downham Road, two water closets have been provided, and in connection with some older property in the same road ten privies have been reconstructed and altered into water closets, which constitutes quite an advance on the old order of things. In addition, at the same place, the old ash pits have been filled up and tubs substituted, which will greatly facilitate the work of scavenging, and this should prove to be a very great improvement.

BARROW.

In this village no fewer than twenty-four of the old privies have been altered and reconstructed. In one case the pail system has been adopted, but in the other twenty-three cases the waste water system has been introduced.

WORSTON.

Here also changes and improvements have been taking place. Water Closets have been introduced in three instances, and in three cases the pail system has been adopted.

CHIPPING.

In three instances the old style of privies has been reconstructed and altered to the pail system, and three new ones have been erected on the same principle.

WHALLEY.

The nine new houses at Nethertown have been supplied with closets on the waste water system.

Taking the District as a whole, though all the alterations, reconstructions and changes which I have recorded above indicate improvements in sanitary matters and progress in the right direction, still there is much remaining to be done as the following figures will show. There are in the various parts of the district no fewer than nine hundred and thirteen privy middens to be found. In former Reports I have described and characterised these ancient and out of date abominations in the manner they deserve. There are no words strong enough to condemn them and I consider them a distinct reproach to any district or community willing to tolerate them indefinitely. Therefore I have nothing but words of commendation and congratulation for the advancement that is being made towards their final abolishment and total disappearance. I fervently hope the time is not far distant when I shall be in the position to say that not one single privy midden remains within the precincts of the area under the jurisdiction of the Clitheroe Rural District Council.

WATER CLOSETS.

Within the district there are two hundred and fifty-five fresh water closets, and of course when a Township has a properly constructed drainage and sewerage scheme there is probably nothing more convenient and cleanly, always presupposing that the drains are in good order and there are no leakages.

WASTE WATER CLOSETS.

Of this class there are two hundred and seventy-three in use in the District, mainly confined to Whalley, Chatburn and Barrow.

The system is a good one, where the water supply is abundant, and they are properly looked after and their efficiency maintained.

PAIL SYSTEM.

This is the most convenient and useful system in outlying country places where there is no very abundant water supply, and where garden ground is available. There are now 117 of these in the district and I should be glad to see the system more largely adopted.

There is no better way of dealing with human excreta than by returning it to the soil where it is speedily oxidised, reduced and broken up into its ultimate elements, whereby the soil is enriched and purity of atmosphere secured.

I very strongly commend this method of disposing of night soil to those numerous Sub-Districts and Townships within the Council's area where the present insanitary, unwholesome, evil smelling and disgusting privy midden is practically the only system which obtains.

POLLUTION OF RIVERS AND STREAMS.

The Ribble and Hodder continue to be clear and free from pollution, and are frequently resorted to by bathers in the summer months for a refreshing dip at various points along their route. Bathing in running water is a wholesome, healthy and invigorating exercise, and might with advantage be more extensively indulged in by the youth of the district, especially such as are employed in factories and workshops. The Calder being much

polluted is not available for this purpose, in which respect it is a distinct loss to the community, but over and above, it proves to be a source of unpleasantness even amounting to a nuisance at times when its waters are low and the sun is hot.

Barrow Brook is frequently discoloured and charged with impurities for which the Printworks at Barrow is mainly responsible.

HOUSE REFUSE.

The disposal of house refuse is in a satisfactory state for the most part. In Chatburn where formerly there was room for complaint there is now marked improvement. The new Contractor is working in a more systematic and efficient manner than was the case formerly, and I have consequently heard no complaints of late.

CHIPPING.

In this village a Contractor is now responsible for the disposal of refuse, and the result is a much more satisfactory state of affairs, and I am informed shows a great improvement on the old order of things.

BARROW AND WISWELL.

The work is carried out by men under the control of the Council, and the result is very general satisfactory.

WHALLEY.

In this village the responsibility for the removal of refuse is assumed by the owners in some instances, but in other cases the occupier must attend to the matter himself. The result of this unsystematic, irregular arrangement is that the work is not very perfectly done. In some cases where the occupier is responsible he frequently finds difficulty in getting anyone to do the work, at all events, at the time required, the consequence being an overflowing ashpit causing some degree of nuisance until relief is obtained.

NUISANCES.

These have neither been numerous nor troublesome. Notices were served upon owners of property for the structural alteration of privies in thirty-five instances altogether.

In Chatburn 11 cases, in Barrow 23 cases, and 1 in Chipping.

Notices were also served on Occupiers in 7 cases for abatement of Nuisance and in 6 cases verbal notices were given. In every case the requirements insisted upon were complied with to our satisfaction.

DAIRIES, COWSHEDS AND MILKSHOPS.

The number registered during 1908 was 38, or one more than in the previous year. During the summer months the shippsons are limewashed. Their condition for the most part is clean and satisfactory.

The Water supply to most of the farms is good and abundant. The Inspector, however, is not quite satisfied with the supply to Standen Hey Farm, nor in case of Mytton Farm is the water supply all that is desirable.

There does not appear to be any cases of Tuberculosis amongst the cattle in any of the registered places.

SLAUGHTERHOUSES.

The number remains the same as in former years, viz : 9. There has been no reason to find any fault with any of them. They have all been kept very clean, are regularly limewashed, and the garbage is properly cleared away.

Their distribution is as follows : Chatburn, 1 Downham, 2, Chipping, 2, Hurst Green, 1, Stonyhurst, 1.

REGISTERED LODGING HOUSES,

There are none in the district.

WATER SUPPLY.

There is nothing much to be said on this subject. Things remain very much the same throughout the district.

CHIPPING. There is some prospect that the water which formerly supplied the Camp may become available for the supply of the village, and if this should prove to be the case, it will go a great way towards solving the problem which has been so long and so repeatedly under the consideration of the Council.

DOWNHAM AND WORSTON.

Several farm houses and buildings in both villages are now being supplied with water from the main laid down by Mr. Assheton.

A new main is on the point of being laid down in the village of Worston, which will derive its supply from Mr. Assheton's main. A meter will guage the quantity then supplied.

WISWELL.

I must again call attention to the matter of Water Supply to this village which is far from being satisfactory. I would venture to repeat what I said in last year's Report on this subject,

“Very few of the houses have water laid on and consequently all water required for domestic use has to be carried by hand. This is, of course, very far from being satisfactory, or in accordance with 20th Century requirements. Where water has to be carried by hand neither the demands of cleanliness nor of health can be

properly complied with. Such water as is obtainable is drawn from troughs on the road side to which cattle and horses, dogs, cats and fowls have free access. In addition to this, very frequently vessels which have been standing on the road, or perhaps even on a more unclean place are dipped into these troughs, thereby contaminating the water with such filth as may have clung to them. In any case, the purity and goodness of the supply cannot be ensured as long as the present method continues. The water, like the Whalley supply, comes from an upland source, and in all probability may be pure at the gathering ground, but it is certainly open to pollution en route, and again as stated above, at the collecting point. This being so, I think it is desirable the Council should take into consideration some method for improving the supply, and to prevent its contamination in any part of its course from its source to the consumer. Probably it would be difficult if not impossible to lay water on to many of the houses, but I think it would be quite possible to erect several stand pipes at different points for the greater convenience of those who live some distance from the troughs, and thereby obviate the difficulty and drawback of carrying water long distances."

FACTORIES AND WORKSHOPS.

There are altogether thirty-five in the district, a complete list of which is supplied on the Home Office Form, 572, a copy of which Form is attached to this Report for your information.

During the year 52 inspections were made, but there is nothing special to report in regard to the same.

The ventilation and sanitary condition of the Chatburn Factory is now in a much better state than formerly.

SCHOOLS.

There is nothing special to which to call the attention of the Council in regard to the general sanitary state of the Public Elementary Schools throughout the district. On the whole they are in a fairly satisfactory condition, and certainly I have not received any complaints at the hands of those chiefly concerned.

It was found necessary to close the Schools in Chipping on account of an epidemic of Whooping Cough.

Both Brabyn's School and the R.C., School were closed during the month of August. Later on it was considered advisable for the Chaigley School to be closed for a month from the 14th of August for the same reason. No other School in the district was affected in any way by epidemic disease.

INFECTIOUS DISEASE

The year 1908 has been an extremely satisfactory one from the point of view of notifiable disease. There has been no epidemic of any kind, with the exception of Whooping Cough, above referred to, and it does not come under the Notification Act.

There were a few sporadic cases of various kinds. In all, 17 cases were notified, and of this number, 6 were cases of Scarlatina and 6 of Erysipelas. Then there were 3 cases of Diphtheria, and 3 of Enteric Fever.

The Scarlet Fever cases were widely distributed through the district and yet there was no epidemic, they occurred in Worston, Hurst Green, Stonyhurst, Downham and Chipping.

The Erysipelas cases were found in Barrow, Chipping, Chatburn and Clitheroe. The Enteric Fever cases were confined to Barrow and Whalley. The Diphtheria cases both occurred in Whalley.

VITAL STATISTICS.

The area of the district in statute acres is 31,338, and the population is 5,845. This is equal to 5.362 persons per acre allows ample space for each individual, so that there need be no overcrowding.

INHABITED HOUSES.

The number of inhabited houses has been increased. There are now 1,350 in the district, so that the average number per house is 4.33. There are no signs of overcrowding to be derived from these figures.

BIRTHS.

There were 124 Births registered in 1908, which is 4 more than in the previous year. The male sex predominated by 16, there having been 70 males and 54 females. This ratio of the sexes being quite in accordance with the general order of things.

The number of illegitimate births registered was 2. This is equal to a percentage of 1.63, which is practically the same as in 1907. It is an unfortunately high figure, and is really more per hundred than England, taken as a whole, shews per 1000.

BIRTH RATE.

The Birth Rate for the year is 21.20 per 1000, which is somewhat better than the record for 1907, and rather higher than the average for the last ten years of 20.37.

It is, however, much below rural England generally, which was 26.2. The birth rate in this part of rural England has apparently been considerably below the average for many years.

DEATHS.

The number of Deaths registered during 1908 was 90, which includes deaths of residents registered in public institutions beyond the district. Of this number 48 were males and 42 females, this being quite in accordance with the general rule that more males die than females.

DEATH RATE.

The Death Rate is accordingly 15·45 per 1000, which is rather high, and has rarely been exceeded within the last ten years. It, however, very closely approximates the figures for 1906, when it was 15·54.

INFANTILE MORTALITY RATE.

I have again to record continued improvement in this respect. The number of infants under 1 year of age where deaths were registered during 1908 was 10, and the death rate per 1000 of births is accordingly 80·64. This is much below rural England as a whole, where the rate was 110. In 1906 the Infantile mortality rate was 102·20, and in 1907 it was 91·68 so that a steady improvement has been made during the last 3 years. Can we expect this improved state of affairs to continue? We can hope for it, but unfortunately there is no good evidence forthcoming to show that it is due to greater intelligence on the part of the average mother as to the proper method of feeding the infant. The rate for 1908 is certainly much better than the average for the last 10 years, which was 100·48, but if we look back along the years we find that the rate was low in 1905, when it was 80·00, and still lower in 1903, when it was 54·38 only, and in 1902 it was 68·96. Yet in spite of three very low rates in the last ten years, the average is only 100·48, which shows that high rates have succeeded low ones, and the same may be expected again. Were there any clear indications of increased and increasing knowledge on the part of parents as to

rational and common sense way of rearing infants, then one might expect continued progress towards the reduction of the Infantile mortality figures, but as matters stand one is forced to conclude that the present improvement is accidental, and not to be relied upon in the future. I would gladly be less pessimistic and would fain hope that my anticipation with regard to future may not be justified by results, even at the expense of my reputation as a prophet.

ZYMOTIC DEATH RATE.

There were 4 deaths from Infectious disease during the year under review, and this is equal to a death rate from the seven principal epidemic diseases of 0.68, which is quite satisfactory from a comparative point of view, the rate for rural England, having been 0.99 per 1000. The deaths from Infectious disease were due to Whooping Cough, 2 cases. Diphtheria, 1 case, and Enteric Fever, 1 case.

TABLE I.

This Table explains itself very clearly. It shows the figures for each of the last ten years, as well as the averages for 10 years, with which the figures for the year under discussion can be compared.

The number of population is shown, together with the number of Inhabited houses, and the average number of persons per house. The number of acres in the district is stated also.

TABLE II.

In Table II. will be found the principal statistics for the separate localities in the district, by which means it is possible to compare one sub-district with another and also each of them with the whole district.

Chipping sub-district shows a decrease in the number of births registered as compared to the last 10 years average, but the number is exactly the same as for 1907. The birth rate is 20.30, or a little below the rate for the whole district.

In regard to the matter of deaths, the number registered is considerably higher than in 1907, the figures being 42 and 33 respectively, and is higher than the 10 years average by 5. The death rate is 15.84, which is but slightly higher than the rate for the whole district.

Comparing Chipping with Clitheroe, we find that the birth rate is lower by 1.4 per 1000 in Chipping than in Clitheroe, whereas on the other hand the deathrate is higher by 1.7. Again as compared with Whalley, the birthrate is lower by 2 per 1000, and the death rate is very slightly higher.

Clitheroe sub-district shows an increase in the number of births as compared with 1907 by 3, and is exactly the same as the ten years average, viz: 26. The birth rate is 21.72 per 1000. The number of deaths registered was 17, and the death rate is thus 14.12 per 1000,—it is the lowest death rate of the three sub-districts.

WHALLEY SUB-DISTRICT.

The Births registered in Whalley were 44 or 1 higher than for 1907, but on the other hand no less than 6.5 per 1000 fewer than the average for the last ten years.

The Birth Rate is 22.05, and compares favourably with both Chipping and Clitheroe.

The number of Deaths registered was 31, which is 7 more than for the preceding year 1907, though it is 6 below the average for the last ten years. The Death Rate is 15.54 this being slightly higher than for the whole district.

Now with regard to the Infantile Mortality or the deaths of Infants under one year of age, there were four such deaths registered in Chipping, three in Clitheroe and three in Whalley.

The Infantile Mortality Rate for Chipping is 74.07 per 1000 of births

„	„	Clitheroe	115.38	„
„	„	Whalley	68.18	„
„	„	District	80.64	„
„	„	Rural England	110.00	„

We are thus well below the Mortality Rate for the Country Districts of England generally, so far as the whole district is concerned, but Clitheroe taken by itself is somewhat above.

By comparison our Infant Death Rate is low, but still the fact remains that quite 8% of the children born during the year 1908 died before attaining one year of age.

TABLE III.

This Table shows the cases of Infectious Disease notified during the year, also the ages of the individuals affected as far as they have been furnished by those notifying. Unfortunately the age is very frequently omitted, consequently I am unable to complete the Table in a quite satisfactory manner. The Localities also in which the cases occur is shown, and the number to each Locality respectively. Fortunately the cases were very few, and as it happens very evenly distributed. Seven of the cases occurred in Chipping and five each in Clitheroe and Whalley.

TABLE IV.

Shows the causes of and ages at Death, according to certain groups during the year. The localities also in which the deaths occurred are shown.

Whooping Cough was the cause of death in two cases, and both occurred under one year of age. Whooping Cough is not generally a very fatal disease, except when it occurs in early life, always providing of course, it is not grossly neglected. One of the cases occurred in Chipping and the other in Clitheroe.

There was one death from Diphtheria and it occurred in Whalley.

There was also one case of Enteric Fever which occurred in Whalley,

Epidemic Influenza was the cause of six deaths, the cases being evenly distributed, there being two to each locality.

There was one death from Erysipelas which occurred in Chipping.

Phthisis was particularly virulent during the year for no less than nine deaths were due to this cause. Of this number four occurred in Chipping, one in Clitheroe and four in Whalley.

Of other forms of Tuberculous Disease there was one case. This was an Infant under one year of age, and occurred in Whalley.

There were 4 victims of Cancer, three of which occurred in Chipping and one in Clitheroe.

Bronchitis claimed a large number of victims. There were eight cases, of which four occurred in Chipping, one in Clitheroe and three in Whalley.

Pneumonia proved to be fatal in five instances, and were distributed one in Chipping, two in Clitheroe and the remaining two in Whalley.

There was one death from Pleurisy, in an aged person and occurred in Whalley.

Other diseases of the Respiratory System caused three deaths, and each locality had one case.

Premature Birth was the cause of death in two cases, and was exactly half the number of that occurred in 1907 and very much fewer than in 1906 when there were nine.

There was one death due to diseases and accidents of Parturition.

Heart Disease claimed five victims, three in Chipping, and one in each in Clitheroe and Whalley.

There were four deaths due to Accidents, two in Chipping, and one in Clitheroe and the other in Whalley.

There were two deaths due to Renal Disease, one being in Clitheroe and one in Whalley.

Senility or old age was the cause of death in twelve cases, eight of these occurring in Chipping, one in Clitheroe and three in Whalley.

There was one uncertified cause of death, and no fewer than five Inquests were held, of which four occurred in Chipping and one in Whalley.

Then there were sixteen deaths from various causes which need not be specially differentiated.

TABLE V.

This is the Infantile Mortality Table and shows the deaths from stated causes in weeks and months under one year of age.

From this Table you will see that the Whooping Cough cases occurred very early in life, one being under two months of age, and the other under five months. The two deaths from Premature Births occurred in the first week of life. Then the two Bronchitis cases were very young, one being under two weeks of age, and the other under four months. The death from Pneumonia was under six months of age.

This Table also shows the number of Births which were Legitimate, viz:—122 and 2 Illegitimate. There were no deaths of Illegitimate Infants.

It also gives the number of Deaths from all causes at all ages.

The last Table is that supplied by the Home Office for the purpose of tabulating in a convenient and systematic manner the results of visits to and inspections of factories, workshops and workplaces.

There was very little to record or to which exception might be taken. There was one instance of want of cleanliness which was speedily remedied, and beyond that there was nothing else of which to take note. There were 53 Inspections made, and no written notices were required in regard to any matter, and there were no Prosecution.

There are no lists of outworkers, none being employed in this District. The number of Registered Workshops is 36 and a detailed list of the same is given in the Form.

I have to crave the indulgence of the gentlemen of the Council for the hurried manner in which this Report has been prepared, but I had to complete it under circumstances of great strain.

I have the honour to be, Gentlemen,

Your Obedient Servant,

T. THORNTON MACKLIN,

M.D., D.P.H., M.O.H.